



5. Trefffurter Stadtlauf

Treffurt / 13.09.2008

Detailed evaluation

Kurch, Florian

Club: VFL 28 Ellrich

Number: 1611

Course: 10.60 km

Geländelauf

Category:

Männer M20

Total time: 46:21

Speed: 13.72 km/h

Running performance: 4:22 min/km

Rank in course/Total: 58 (of 171)

Rank in course/Men: 58 (of 140)

Best time in course: 34:20

Rank in category: 11(of 19)

Best time in the category: 34:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Adolfsburg	7.60	34:48	4:34	11	9:16	57	9:16	7.60	34:48	4:34	10	0:40	57	9:16
Finish	3.00	11:33	3:51	10	2:45	51	2:45	10.60	46:21	4:22	11	12:01	58	12:01